



Extreme Heat

Extreme heat occurs during the summer months and is easy to predict. Listen to the local weatherman and he will inform you when there is a heat wave in the area.

Things to Know:

Heat Cramps: First sign that the body isn't dealing well with the heat. This is the least dangerous form of heat illness.

- Symptoms:
- Body temperature begins to rise (up to 102°F)
 - Flushed looking appearance
 - Muscle cramps

- What to do:
- Move to shade or a cool place and rest
 - Put cold rags on wrists, neck and face

- Stretch if you have a cramp
- Drink water and if possible, a sports drink (**NO carbonated drinks!**)



Heat Exhaustion: When the body sweats it loses water and salt from the body. Without proper replacement the body cannot cool itself. This is more severe than heat cramps.

- Symptoms:
- Muscle cramps
 - Body temperature over 102°F
 - Flushed looking appearance
 - Nausea
 - Vomiting

- What to do:
- Move to shade or a cool place and rest
 - Put cold rags on wrists, neck, face, armpits, or groin area
 - Stretch if you have a cramp

- Weakness
- Fatigue
- Faint feeling
- Diarrhea
- Drink water and if possible a sports drink (**NO carbonated drinks!**)
- If there is no improvement or if the person cannot drink fluids take them to the emergency room immediately!

Heat Stroke: Most severe of all heat related illnesses. When the body has stopped being able to cool itself. Very serious condition and it could possibly result in death if immediate action is not taken.

- Symptoms:
- Body temperature over 104°F
 - Warm skin
 - Headache
 - Flushed looking appearance
 - Nausea
 - Vomiting

- What to do:
- Move to shade or a cool place and rest
 - Put ice under the person's armpits and groin area
 - Drink water or preferably a sports drink (**NO carbonated drinks!**)

- Loss of appetite
- Weakness
- Fatigue
- Confusion
- Possibly coma, seizures, and even death
- If there is no improvement, can't get body temperature down, or won't take fluids, then take them to the emergency room immediately or call 911. Heat stroke is a life threatening condition.

During the Day:

- Drink plenty of fluids
- Wear proper SPF sunscreen for your skin type
- Wear loose-fitting, light colored clothing. Nothing dark!
- Wear sunglasses to protect your eyes from harmful UV rays
- Do **NOT** leave animals, children, or the elderly inside a vehicle—even if you are just leaving the vehicle for a minute and have the windows rolled down—this is very dangerous!



- Try to plan activities in latter part of the day when it is cooler
- Try **NOT** leaving animals outside, but if you do, provide adequate shade and lots of water
- Make sure you eat proper meals. You may not feel like eating because the heat lessens your appetite, but your body needs proper nutrition to function.

For more information on extreme heat, visit the IDHS website at: www.in.gov/dhs.